

Sample Menu A

Use stock on hand first - use refrigerated or frozen foods first. If electrical power is out, use items in refrigerators and freezers that pose no food safety danger. All the foods identified below may not be available at the time of an emergency.

*Breakfast - each day	Cereal Fruit Juice Peanut Butter Crackers	*Main Meal - day 2	Pork and Beans Canned Vegetable Canned Fruit Peanut Butter
*Main Meal - day 1 and 3	Sliced Meat Sandwich Canned Vegetable Canned Fruit Peanut Butter Crackers	*Evening Meal - day 1, 2, and 3	Tuna Salad Sandwich Canned Fruit Peanut Butter
		*Snack (evening and afternoon)	Cookies, Canned Fruit

**Available at all times: Coffee, Milk, Tea, Creamer, Crackers, Jelly, Peanut Butter, Salt, and Pepper*